PRO-FORM® 1110 E

Model No. PFEL10112.0
Serial No. _____

Write the serial number in the space above for reference.

Serial Number
Decal

USER'S MANUAL
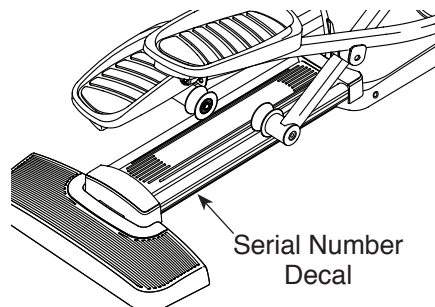
ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.proformservice.com/registration.

CUSTOMER CARE

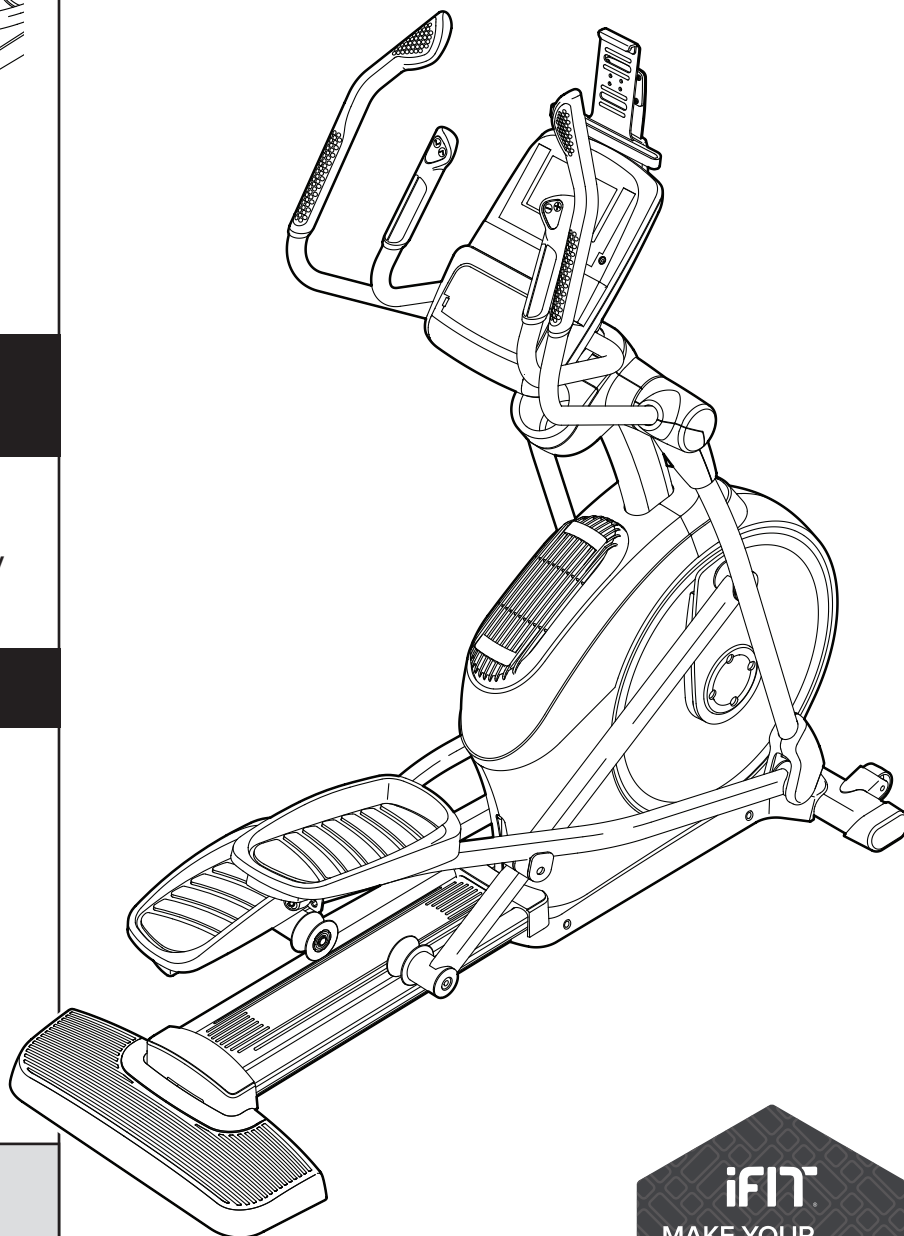**For service at any time, go to www.proformservice.com.**

Or call 1-888-533-1333
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

Please do not contact the store.

⚠️CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.
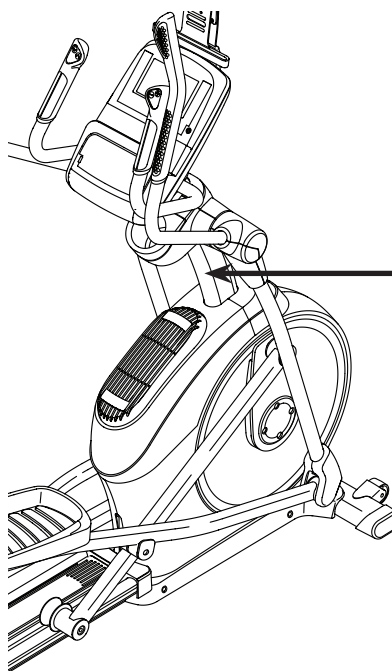

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TABLE OF CONTENTS

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

⚠ WARNING

• Misuse of this machine may result in serious injury.

• Read user's manual prior to use and follow all warnings and instructions.

• Do not allow children on or around machine.

• Pedals continue to spin when you stop pedaling.

• Spinning pedals can cause injury.

• Reduce pedal speed in a controlled manner.

• User weight must not exceed 375 lbs / 170 kgs.

• This product should always be used on a level surface.

• This product is not intended for therapeutic use.

• Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.

2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

3. Use the elliptical only as described in this manual.

4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.

5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.

6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.

7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

8. Keep children under age 12 and pets away from the elliptical at all times.

9. When connecting the power cord, plug the power cord into a grounded circuit.

10. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.

11. Do not operate the elliptical if the power cord or plug is damaged, or if the elliptical is not working properly.

12. **DANGER:** Always unplug the power cord and switch the power switch to the off position when the elliptical is not in use and before cleaning the elliptical. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

13. The elliptical should not be used by persons weighing more than 375 lbs. (170 kg).

14. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.

15. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.

16. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

17. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.

18. Keep your back straight while using the elliptical; do not arch your back.

19. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

SAVE THESE INSTRUCTIONS

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DO MORE THAN JUST WORK OUT

iFit® is the most powerful training tool available to help you accomplish all of your fitness goals. From weight loss and performance to personalized training programs, iFit® is the key to getting more out of everything you do. Some features require paid subscription.

LOSE WEIGHT
Stay on track and motivated with progressive weight loss programs with our trainers, including Jillian Michaels.

PERSONALIZED EVENT TRAINING
5k, 10k, half or full marathon training will help you prepare for your event.

MAP YOUR ROUTE
With Google Maps™, your fitness equipment will simulate the earth's terrain while displaying Street View during your workout.

COMPETE WITH OTHERS
Push yourself to new limits with real-time virtual races.

GO MOBILE
Track your workout anywhere you go with iFit® mobile apps.

SHARE YOUR PROGRESS
Inspire others, motivate yourself and share routes, workouts and more.

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877-236-1009

PROTECT
YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN

Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
$0.00 to $1000.00	$199.99	$289.99
$1001.00 to $1500.00	$259.99	$379.99
$1501.00 to $2500.00	$339.99	$489.99
(Bikes/Systems Only) $0.00 to $2500.00	$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
$0.00 to $300.00	$29.99	$39.99	$59.99
$301.00 to $1000.00	$89.99	$119.99	$149.99
$1001.00 to $2000.00	$109.99	$139.99	$179.99
$2001.00 to $3000.00	$179.99	$209.99	$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please

call Customer Care at **1-800-677-3838.**

Or, visit us online at **www.utserv.com.**
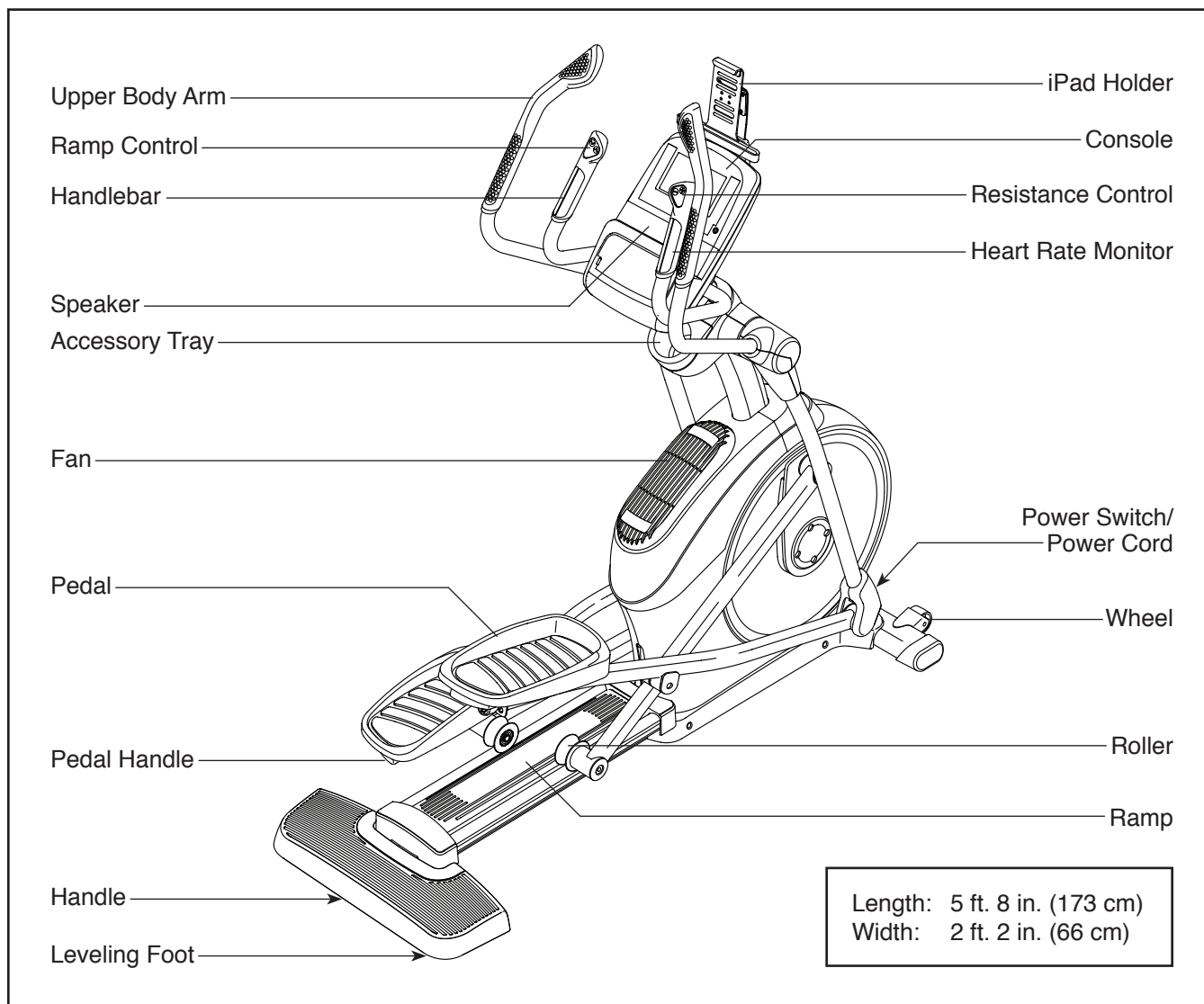
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BEFORE YOU BEGIN

Thank you for selecting the revolutionary PROFORM® 1110 E elliptical. The 1110 E elliptical provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this
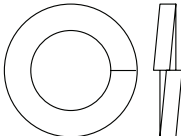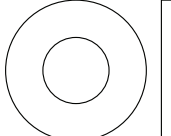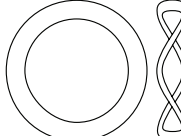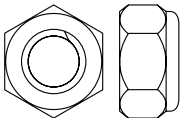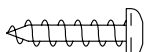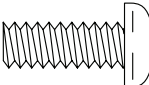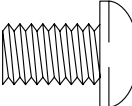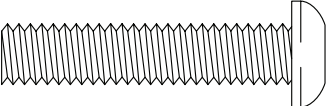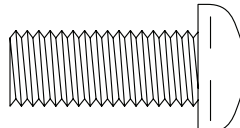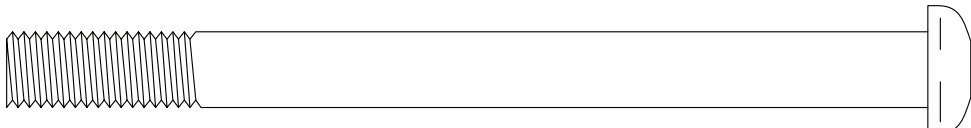
manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

Upper Body Arm

Ramp Control

Handlebar

Speaker

Accessory Tray

Fan

Pedal

Pedal Handle

Handle

Leveling Foot

iPad Holder

Console

Resistance Control

Heart Rate Monitor

Power Switch/ Power Cord

Wheel

Roller

Ramp

Length: 5 ft. 8 in. (173 cm)
Width: 2 ft. 2 in. (66 cm)

PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**

M5 Washer
(94)–2

M10 Split
Washer (105)–8

M8 Washer
(97)–8

16mm Wave
Washer (54)–2

M8 Locknut
(102)–4

M4 x 16mm
Screw (101)–16

M6 x 16mm
Screw (148)–2

M8 x 13mm
Screw (82)–8

M8 x 38mm
Bolt (96)–4

M10 x 25mm
Screw (99)–4

M10 x 122mm
Screw (104)–4

ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.

- Assembly requires two persons.

- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.

- Left parts are marked "L" or "Left" and right parts are marked "R" or "Right."

- To identify small parts, see page 7.

- In addition to the included tool(s), assembly requires the following tools:

  one Phillips screwdriver
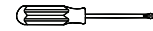
  one rubber mallet

  Assembly may be easier if you have your own set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to www.proformservice.com/registration on your computer and register your product.**

   - activates your warranty

   - saves you time if you ever need to contact Customer Care

   - allows us to notify you of upgrades and offers

   Note: If you do not have Internet access, call CUSTOMER CARE (see the front cover of this manual) and register your product.
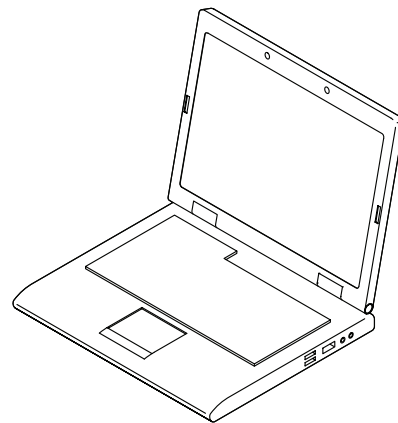
2. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Front Stabilizer (6) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

   Remove the packing materials from under the front of the Frame (1).
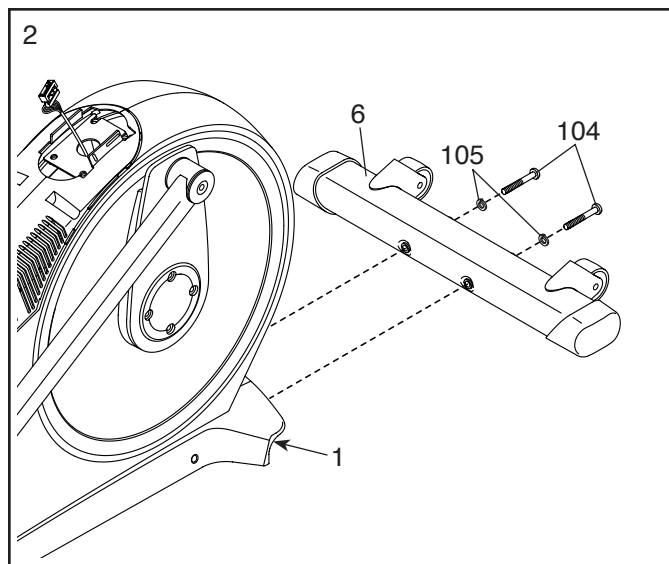
3. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Rear Stabilizer (2) to the Frame (1) with two M10 x 122mm Screws (104) and two M10 Split Washers (105).

   Remove the packing materials from under the rear of the Frame (1).
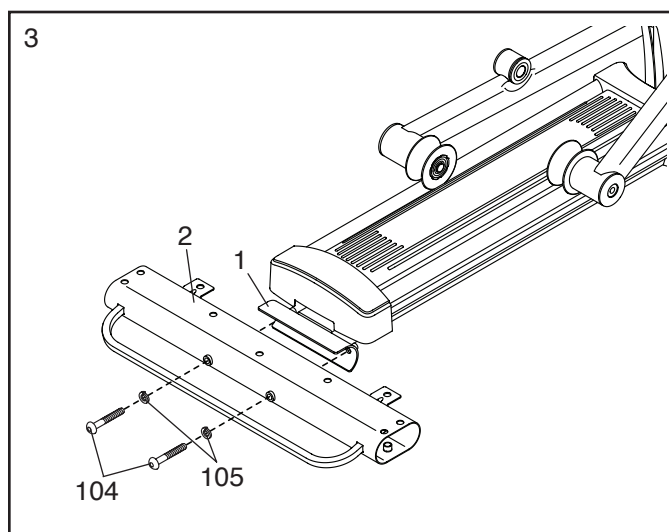
4. Press the Cover Mounts (106) on the underside of the Rear Stabilizer Cover (15) into the Rear Stabilizer (2).

4

15

2

106
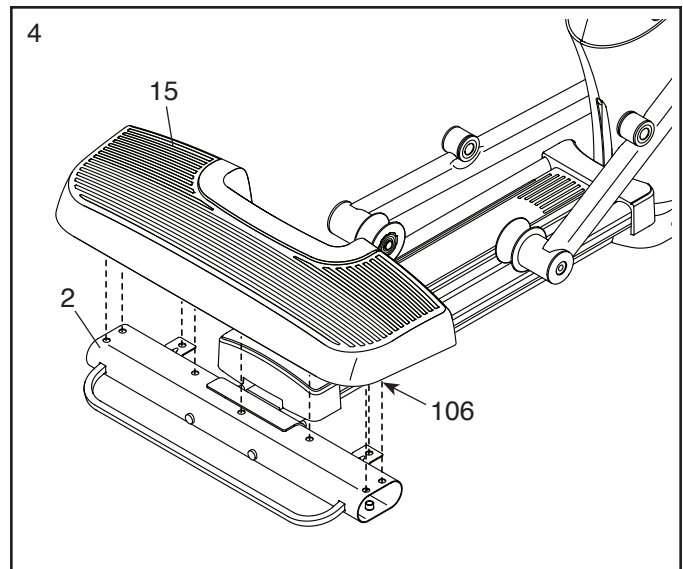
5. **Tip: Avoid pinching the wires. Avoid damaging the indicated plastic tabs.** Set the Upright (4) on the Frame (1).

Attach the Upright (4) with four M10 x 25mm Screws (99) and four M10 Split Washers (105). **Do not fully tighten the Screws yet.**

5

Avoid pinching the wires and avoid damaging the tabs

4

99

105

99

105

1

Tabs
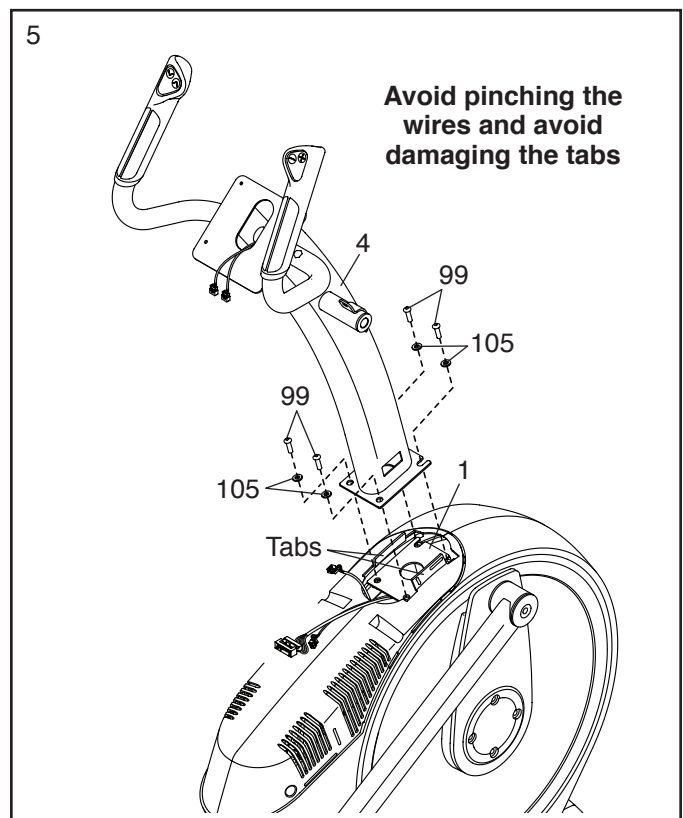
6. **See the inset drawing.** Locate the wire tie in the lower end of the Upright (4). Tie the wire tie to the Upper Wire (110) and to the Fan Extension Wire (146). Then, pull the upper end of the wire tie until the Upper Wire and the Fan Extension Wire are routed through the Upright.

   Tip: To prevent the wires from falling into the Upright (4), secure the wires with the wire tie.
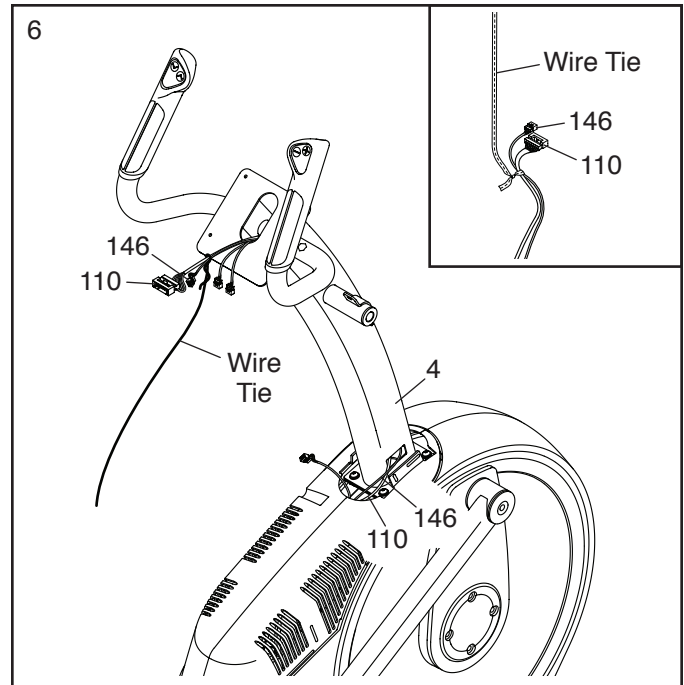
7. Using a plastic bag to keep your fingers clean, apply some of the included grease to the Pivot Axle (35) and to two 16mm Wave Washers (54).

   Insert the Pivot Axle (35) through the Upright (4) and center it. **Tip: It may be helpful to use a rubber mallet.**

   Identify the Right Upper Body Leg (60) and orient it as shown.

   Slide a 16mm Wave Washer (54) and the Right Upper Body Leg (60) onto the right side of the Pivot Axle (35).

   Repeat these actions for the Left Upper Body Leg (46).

   Tighten an M8 x 13mm Screw (82) and an M8 Washer (97) into each end of the Pivot Axle (35) **at the same time.**

11
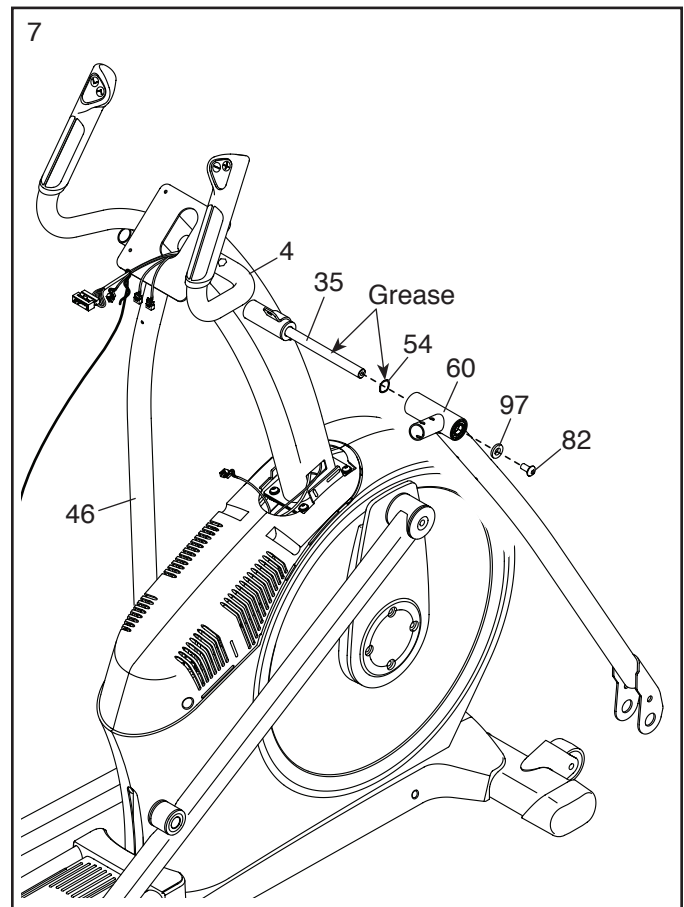
8. Identify the Right Upper Body Arm (61) and orient it as shown.

Slide the Right Upper Body Arm (61) onto the Right Upper Body Leg (60).

Attach the Right Upper Body Arm (61) with two M8 x 38mm Bolts (96) and two M8 Locknuts (102). **Make sure that the Locknuts are in the hexagonal holes.**

Repeat this step for the Left Upper Body Arm (47).
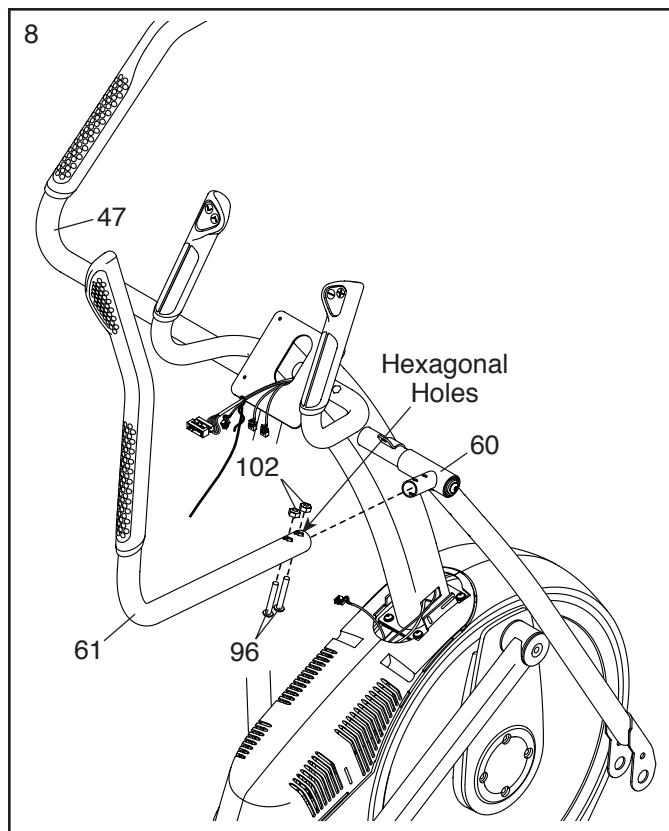
9. Untie and discard the wire tie on the Upper Wire (110) and the Fan Extension Wire (146).

While a second person holds the Console (7) near the Upright (4), connect the wires on the Console to the Upper Wire (110), to the Fan Extension Wire (146), and to the Sensor Wires (63, 144).

Insert the excess wire into the Upright (4) or into the Console (7).
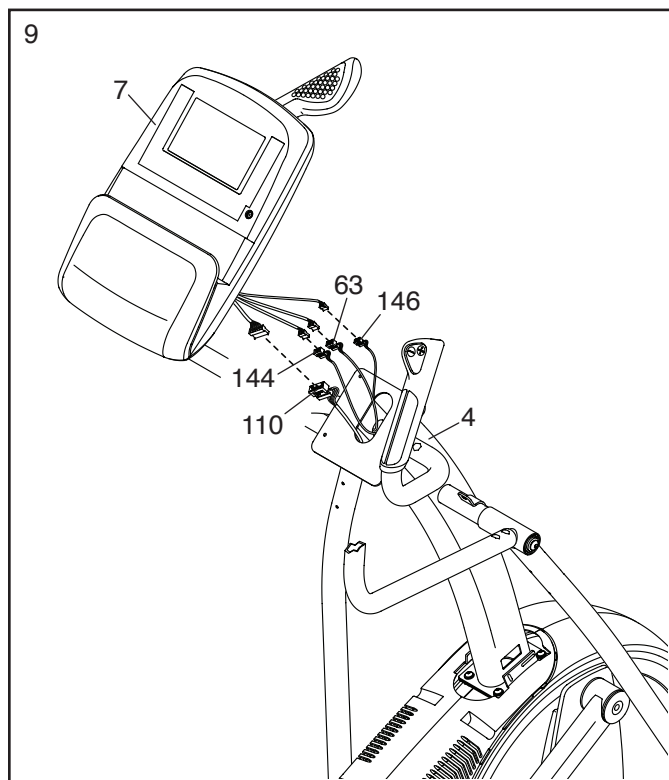
10. **Tip: Avoid pinching the wires.** Attach the Console (7) to the Upright (4) with four M4 x 16mm Screws (101).

10

7

Avoid pinching the wires

4

101

101
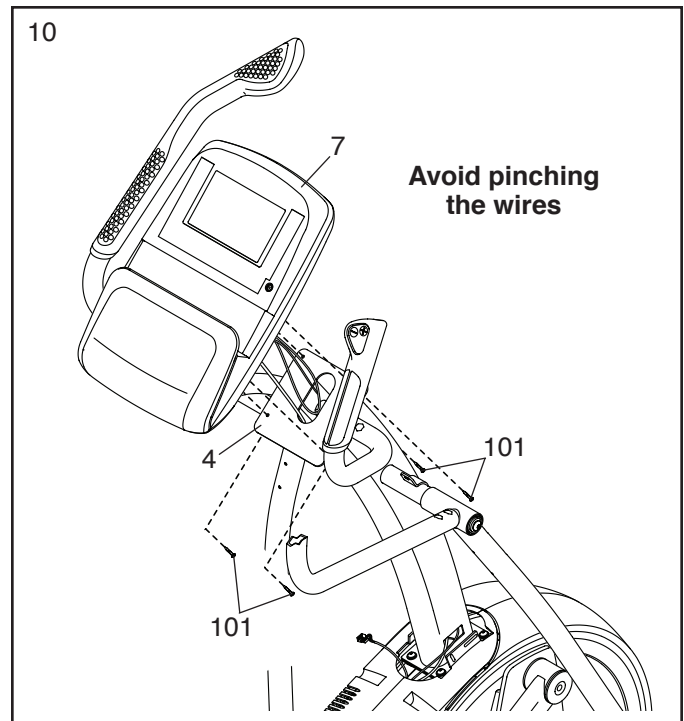
11. Orient the Right Pedal Arm (58) assembly as shown.

Apply grease to the axle on the Right Pedal Arm (58).

Attach the Right Pedal Arm (58) to the Right Roller Arm (59) with an M8 x 13mm Screw (82), a Small Axle Cover (55), and an M8 Washer (97). **Tip: Avoid damaging the Small Axle Cover when tightening the Screw.**

Repeat this step for the Left Pedal Arm assembly (not shown).

11

82 55 59

97

58
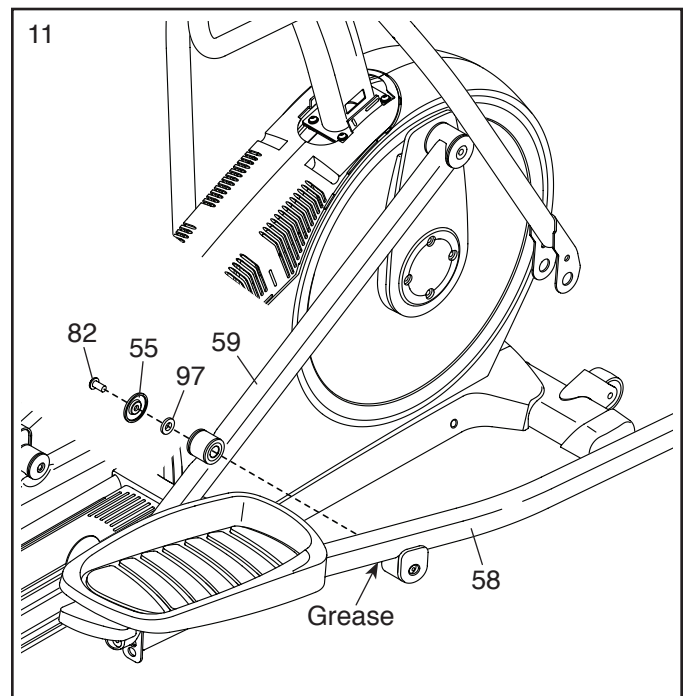
Grease

12. Apply grease to a Pedal Arm Axle (64).

    Next, slide an M8 Washer (97) and an Axle Spacer (77) onto an M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64).

    While a second person holds the front end of the Right Pedal Arm (58) inside the bracket on the Right Upper Body Leg (60), insert the Pedal Arm Axle (64) into both parts.

    Slide an M8 Washer (97) and an Axle Spacer (77) onto another M8 x 13mm Screw (82), and tighten the Screw a few turns into the Pedal Arm Axle (64). **Then, tighten both Screws at the same time.**

    Repeat this step on the other side of the elliptical.

    See assembly step 5. Tighten the M10 x 25mm Screws (99).
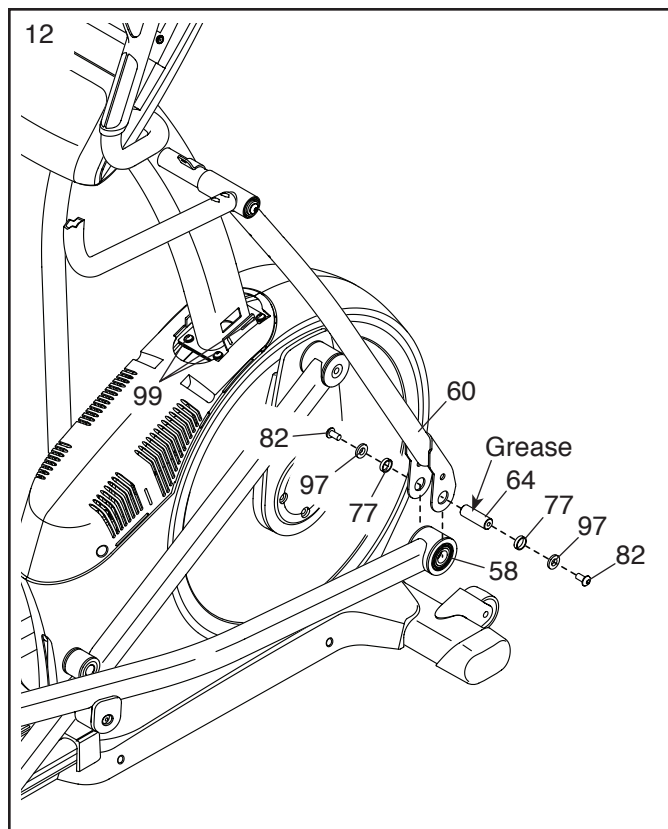
13. Orient the Shield Cover (75) assembly as shown.

    While a second person holds the Shield Cover (75) assembly near the Upright (4), connect the Fan Extension Wire (146) to the Fan Wire (136).

    Tip: Avoid pinching the wires. Press the Shield Cover (75) onto the Left and Right Shields (73, 74).

14
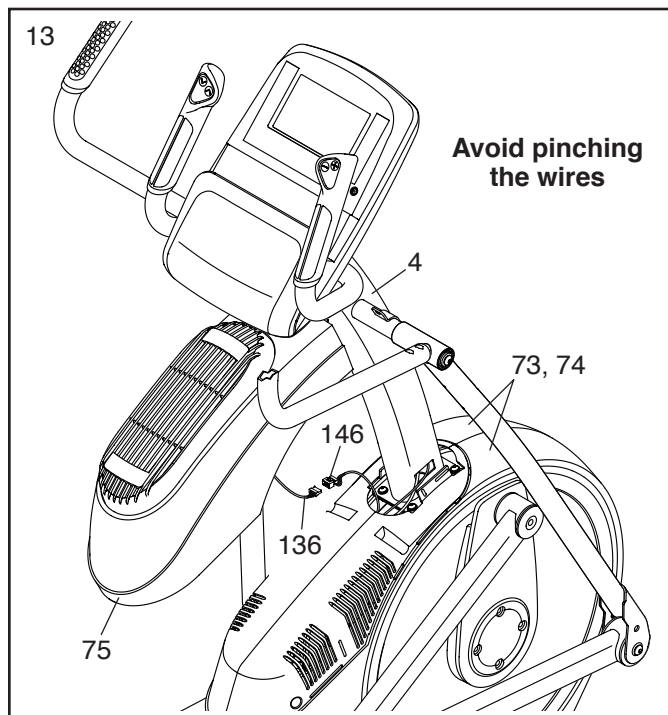
14. Orient the Shield Cover Cap (118) as shown.

Attach the Shield Cover Cap (118) around the Upright (4) by pressing it into the Shield Cover (75).
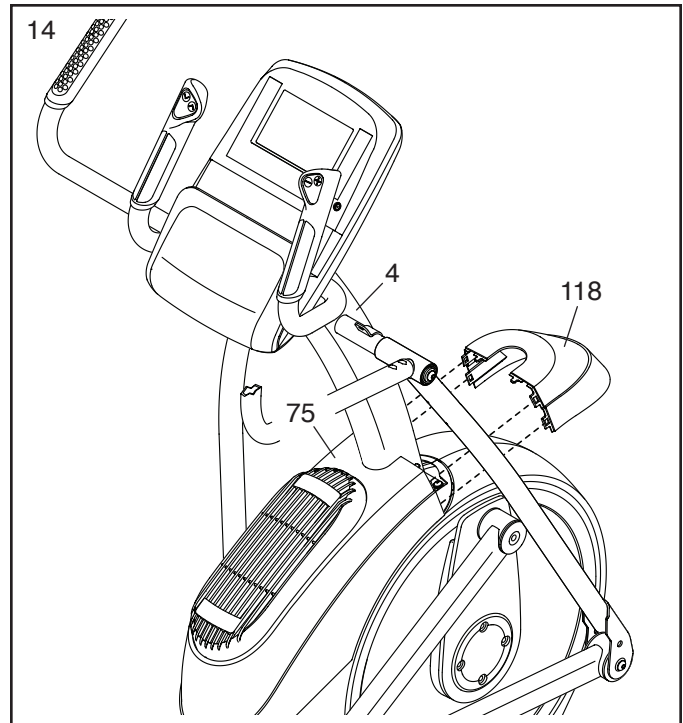
15. Orient the Rear Console Cover (80) as shown.

Attach the Rear Console Cover (80) to the Upright (4) with two M4 x 16mm Screws (101).

Orient the Front Console Cover (79) as shown.

Attach the Front Console Cover (79) around the Upright (4) by pressing it into the Rear Console Cover (80).
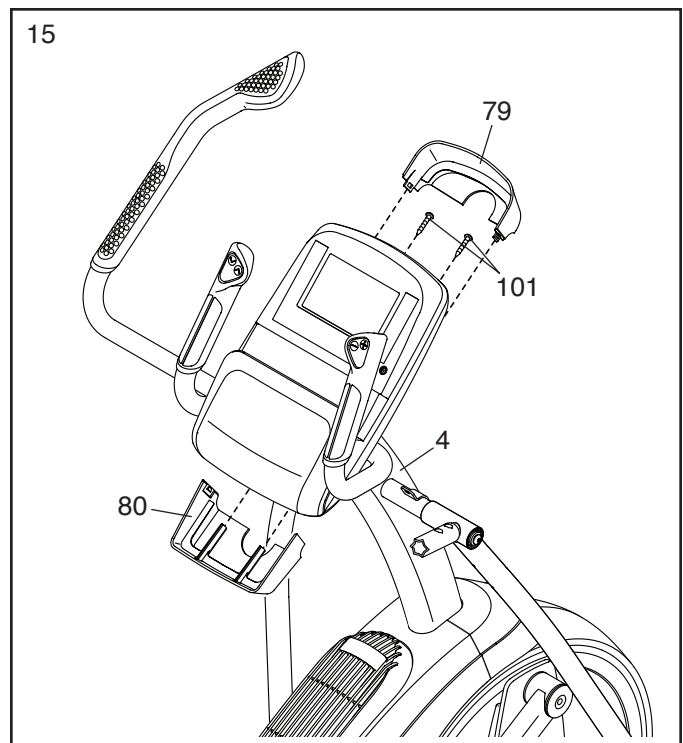
16. Orient the Rear Upright Cover (81) as shown.

    Attach the Rear Upright Cover (81) to the Upright (4) with four M4 x 16mm Screws (101).

    Orient the Front Upright Cover (117) as shown.

    Attach the Front Upright Cover (117) around the Upright (4) by pressing it into the Rear Upright Cover (81).
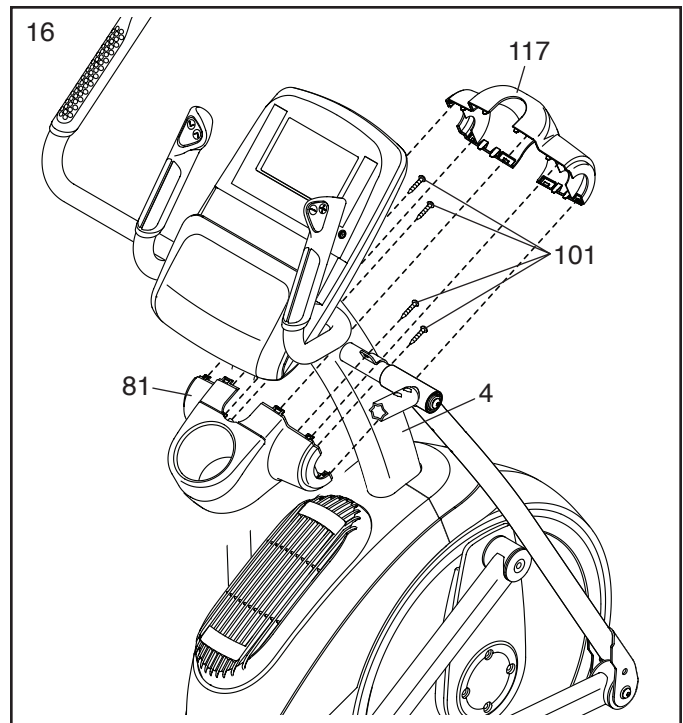
17. Identify the Right Upper Body Arm Front Cover (65) and orient it as shown.

    Attach the Right Upper Body Arm Front Cover (65) to the Right Upper Body Leg (60) with two M4 x 16mm Screws (101).

    Identify the Right Upper Body Arm Rear Cover (66) and orient it as shown.

    Attach the Right Upper Body Arm Rear Cover (66) around the Right Upper Body Leg (60) by pressing it into the Right Upper Body Arm Front Cover (65).

    Repeat this step on the other side of the elliptical.
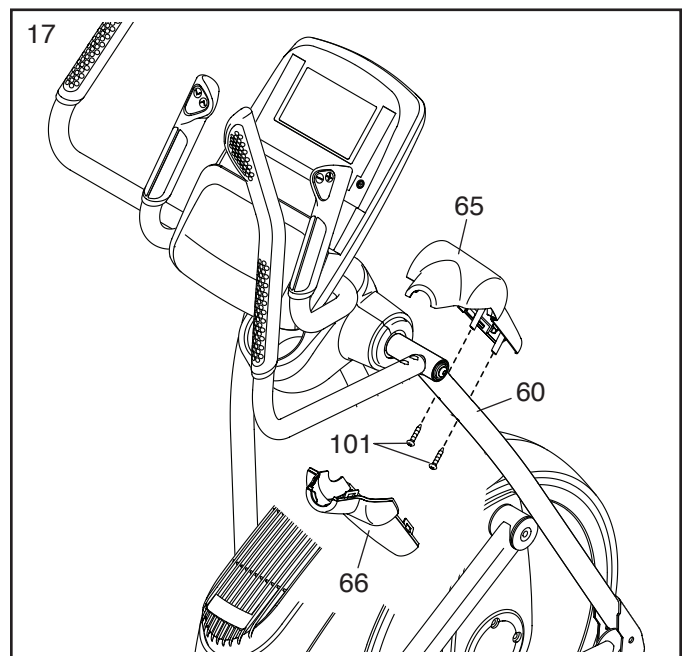
18. Identify the Right Upper Body Leg Inner Cover (83) and orient it as shown.

Attach the Right Upper Body Leg Inner Cover (83) to the Right Upper Body Leg (60) with an M4 x 16mm Screw (101) and an M5 Washer (94).

Identify the Right Upper Body Leg Outer Cover (69) and orient it as shown.

Attach the Right Upper Body Leg Outer Cover (69) around the Right Upper Body Leg (60) by pressing it into the Right Upper Body Leg Inner Cover (83).

Repeat this step on the other side of the elliptical.
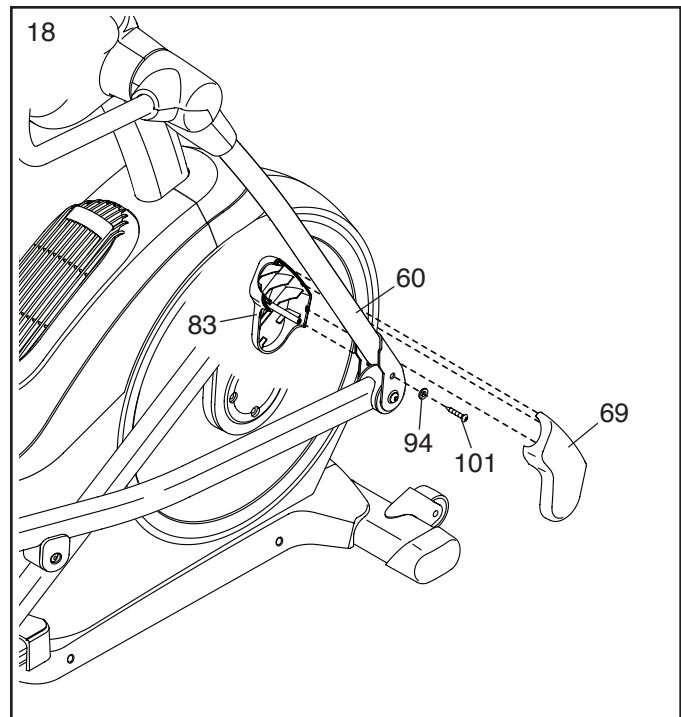
19. Identify the Cover on the iPad Holder (147) and slide it up.

Attach the iPad Holder (147) to the Console (7) with two M6 x 16mm Screws (148).

Slide the Cover on the iPad Holder (147) down into place.
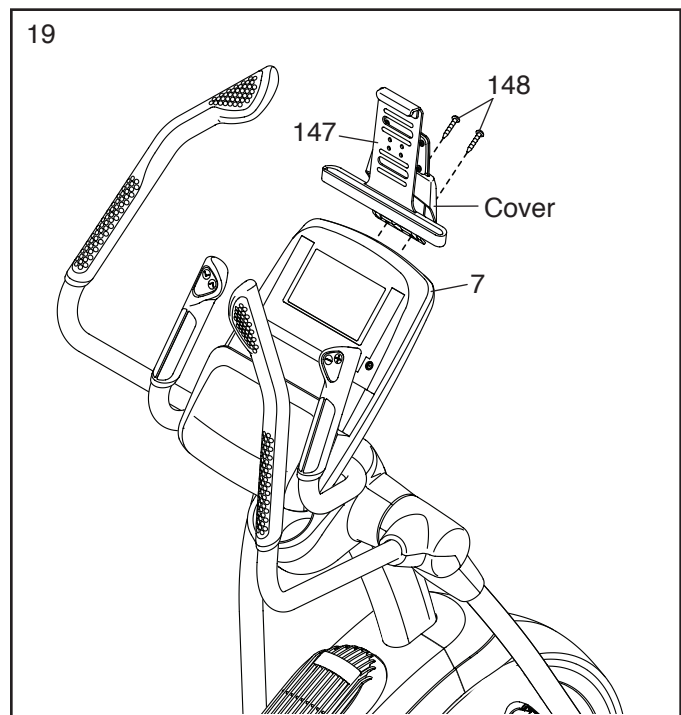
20. **Make sure that all parts are properly tightened before you use the elliptical.** Note: Extra parts may be included. Place a mat beneath the elliptical to protect the floor.

THE CHEST HEART RATE MONITOR

HOW TO PUT ON THE HEART RATE MONITOR

The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

The heart rate monitor must be worn under your clothes, tight against your skin. Wrap the heart rate monitor around your chest in the location shown. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary.

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

CARE AND MAINTENANCE

• Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.

• Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.
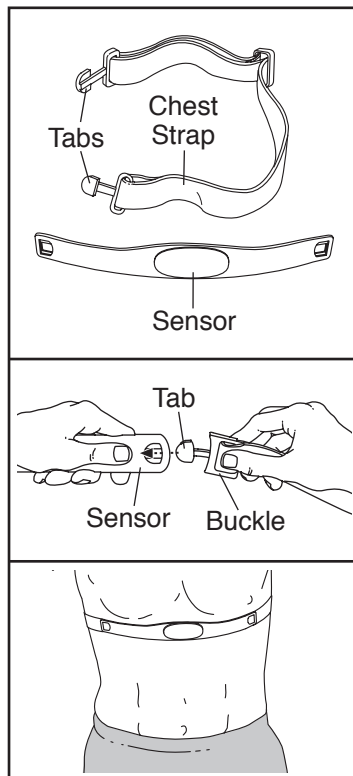
• Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).

• Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.

• To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

• Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.

• If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.

• For the console to display heart rate readings, you must be within arm's length of the console.

• If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.

• The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.

• The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

HOW TO USE THE ELLIPTICAL

HOW TO PLUG IN THE POWER CORD

This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug; if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.

Grounded Outlet

Grounding Pin
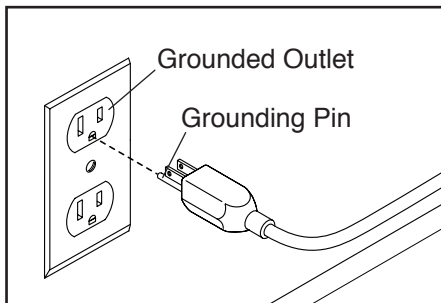
A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available.

2-pole Receptacle

Adapter

Lug
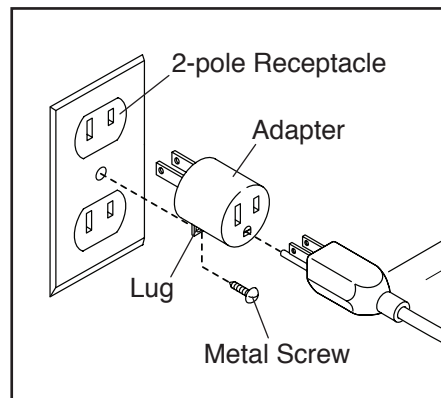
Metal Screw

The lug or wire extending from the adapter must be connected with a metal screw to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the rear stabilizer until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.

Pull on the upright

Place your foot here

Lift here
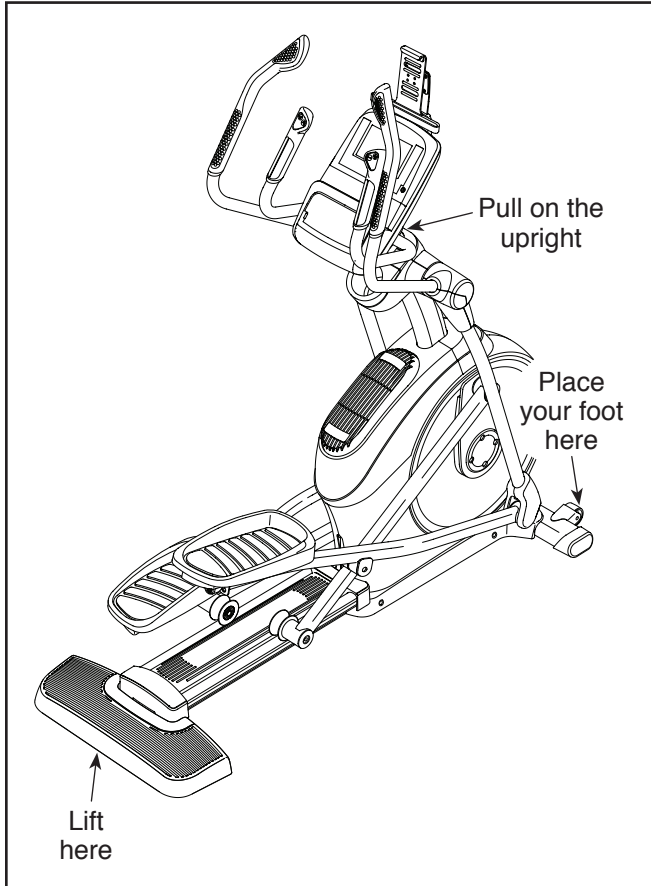
HOW TO ADJUST THE POSITIONS OF THE PEDALS

Each pedal can be adjusted to several positions. To adjust each pedal, simply pull the pedal handle outward, move the pedal to the desired position, and release the pedal handle into an adjustment hole beneath the pedal. **Make sure to adjust both pedals to the same position.**

Pedal

Pedal Handle
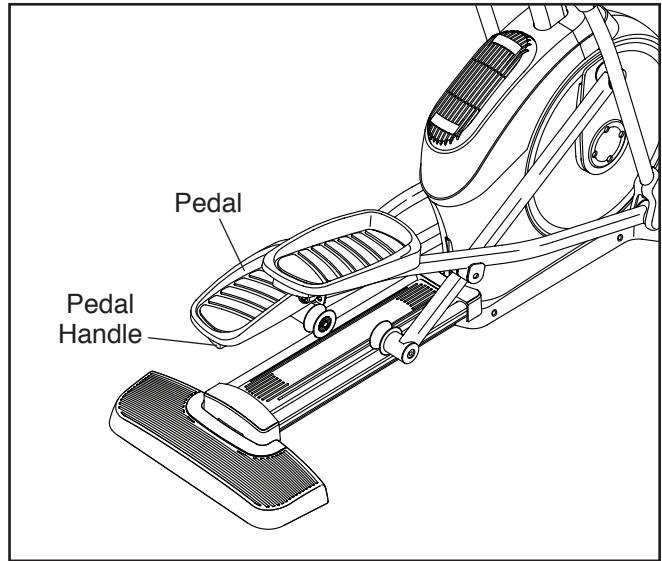
HOW TO USE THE IPAD HOLDER

IMPORTANT: The iPad holder was designed for use with most full-size iPads. Do not place an iPad mini or any other electronic device or object in the iPad holder.

To insert an iPad into the iPad holder, set the bottom edge of the iPad in the tray. Then, pull the clip over the top edge of the iPad. **Make sure that the iPad is firmly secured in the iPad Holder.** Reverse these actions to remove the iPad from the iPad Holder.
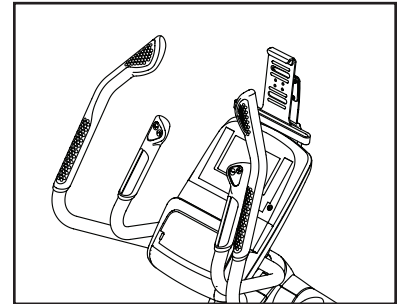
Rotate the iPad holder to the desired angle.

HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**
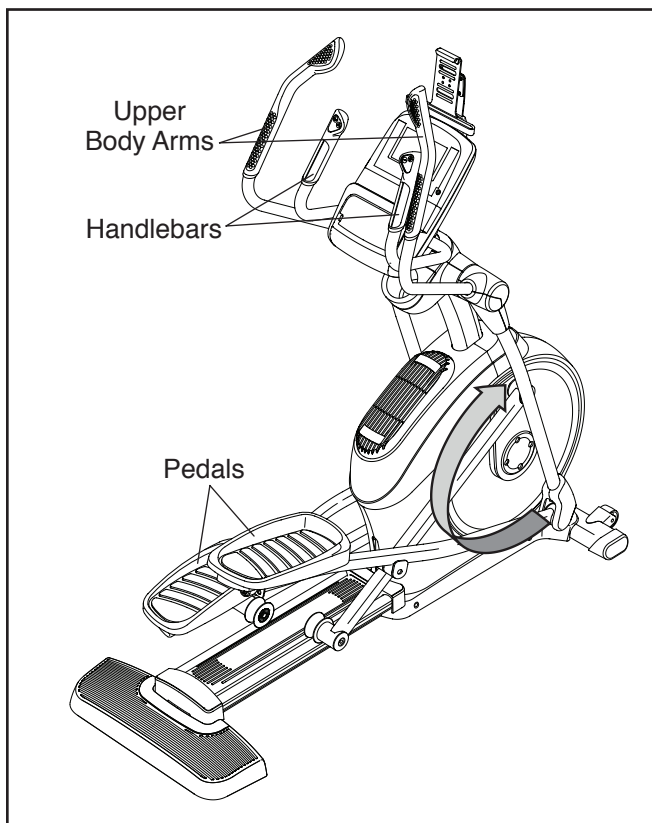
To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.

CONSOLE DIAGRAM

```
27:34  [iFit LIVE]  1.125
TIME                          DIST.

MY TRAIL

INTENSITY

198  CALORIES

RESIST.                        RPM
1                              60
```

DISPLAY   HOME   ∨   ∧   ENTER

iFIT
COMPATIBLE   MAP   TRAIN   COMPETE   TRACK   SET A GOAL   LOSE WT.   MP3 IN

16 CALORIE WORKOUTS   MANUAL CONTROL   16 PERFORMANCE WORKOUTS

QUICK RAMP
∨   0°   5°   10°   15°   20°   ∧

RESISTANCE
−   +
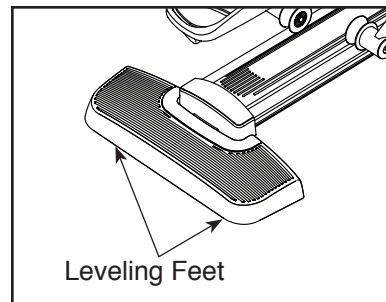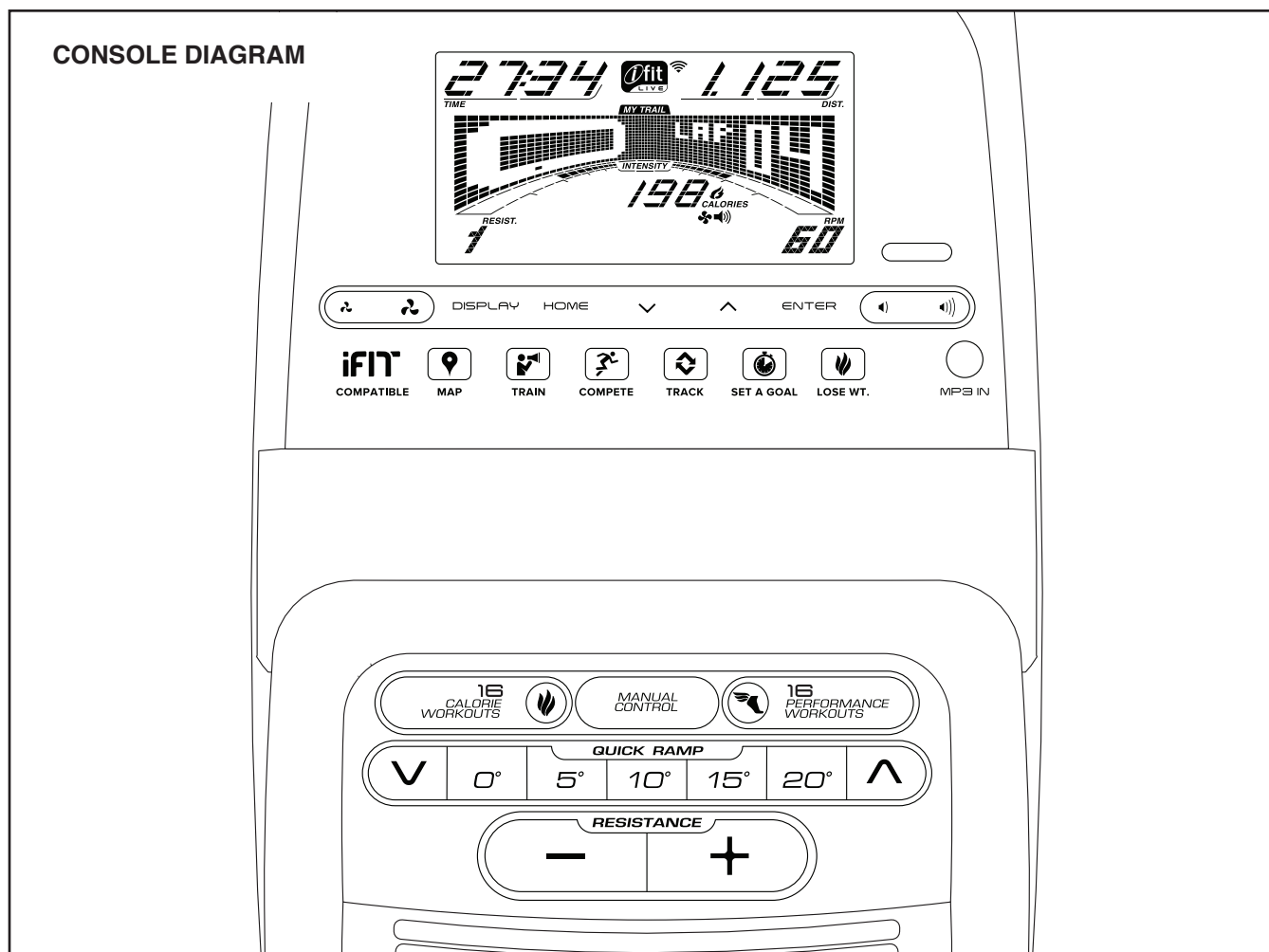
MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:

MAP Exercise anywhere in the world with customizable Google Maps.

TRAIN Download training workouts designed to help you reach your personal goals.

COMPETE Measure your progress by competing against other users in the iFit community.

TRACK Upload your workout results to the iFit cloud and track your accomplishments.

SET A GOAL Set calorie, time, or distance goals for your workouts.

LOSE WT. Choose and download sets of weight-loss workouts.

Go to iFit.com to learn more.

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FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

The console features revolutionary iFit technology that enables the console to communicate with your wireless network. With iFit technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

In addition, the console features a selection of onboard workouts. Each onboard workout automatically changes the resistance of the pedals and the incline of the ramp and prompts you to vary your pedaling speed as it guides you through an effective workout. You can also set a time, distance, or calorie goal.

When you use the manual mode of the console, you can change the resistance of the pedals and the incline of the ramp with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the chest heart rate monitor.

You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

To turn on the power, see this page. **To set up the console,** see page 24.

HOW TO TURN ON THE POWER

IMPORTANT: If the elliptical has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 19). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.

Reset Position
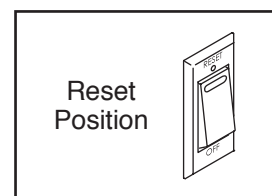
The display will then turn on and the console will be ready for use.

Note: When you turn on the power for the first time, the ramp may calibrate automatically. The ramp will move upward and downward as it calibrates. When the ramp stops moving, the ramp is calibrated.

IMPORTANT: If the ramp does not calibrate automatically, see HOW TO CALIBRATE THE RAMP on page 33 and manually calibrate the ramp.

HOW TO SET UP THE CONSOLE

Before using the elliptical for the first time, set up the console.

1. **Create an iFit account.**

   To create an iFit account, or for more information about the account, go to www.iFit.com and click Join iFit.

   The iFit.com account creation page will open. Then, fill in the information fields to create your iFit account.

2. **Connect to your wireless network.**

   Note: In order to download iFit workouts and use some other features of the console, you must be connected to a wireless network. See HOW TO CHANGE CONSOLE SETTINGS on page 30 to connect the console to your wireless network.

3. **Check for firmware updates.**

   See HOW TO CHANGE CONSOLE SETTINGS on page 30 and check for firmware updates.

4. **Calibrate the incline of the ramp.**

   See HOW TO CALIBRATE THE RAMP on page 33 and calibrate the incline of the ramp.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

To use the manual mode, see this page. **To use an onboard workout,** see page 27. **To use a set-a-goal workout,** see page 28. **To use an iFit workout,** see page 29. **To change console settings** see page 30. **To use the sound system,** see page 32.

Note: If there is a sheet of plastic on the display, remove the plastic.

Note: The console can display distance in either miles or kilometers. To find which unit of measurement is selected, see step 3 on page 30.

HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 23.

2. **Select the manual mode.**

   The manual mode will be selected automatically each time you turn on the console.

   Note: If the console is connected to iFit through your wireless network, the display will cycle between the manual mode and the iFit welcome message. Press the Manual Control button or press the Home button repeatedly to select the manual mode.

   You can also press any of the workout buttons repeatedly to select the manual mode.

3. **Change the resistance of the pedals and the incline of the ramp as desired.**

   As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered Resistance buttons on the console or press the Resistance increase and decrease buttons on the console or on the right handlebar.

   Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

   To vary the motion of the pedals, you can change the incline of the ramp. To change the incline, press one of the numbered Quick Ramp buttons on the console, press the Quick Ramp increase and decrease buttons on the console, or press the Ramp increase and decrease buttons on the left handlebar.

   Note: After you press a button, it will take a moment for the ramp to reach the selected incline level.

4. Follow your progress with the display.

The display can show the following workout information:
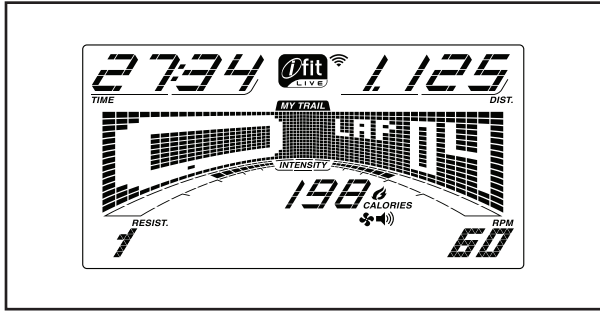
Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Incline—This display mode will show the incline level of the ramp for a few seconds each time the incline level changes.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the chest heart rate monitor (see step 5).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Time—When the manual mode is selected, this display mode will show the elapsed time.

The matrix offers several display tabs. Press the Display button repeatedly until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

Incline—This tab will show a profile of the incline settings of the workout.

Speed—This tab will show a profile of the speed settings of the workout.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.
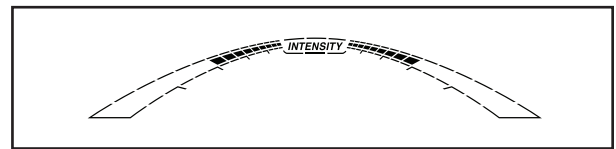
Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 30 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

Change the volume level of the console by pressing the volume increase and decrease buttons.

5. **Measure your heart rate if desired.**

To use the included chest heart rate monitor, see page 18. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

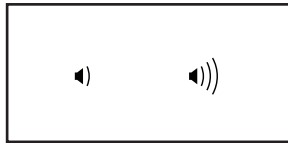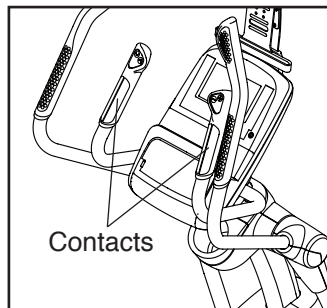**If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic.** To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

Contacts

When your pulse is detected, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

The fan has low and high speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. **When you are finished exercising, unplug the power cord.**

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the elliptical may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 23.

2. **Select an onboard workout.**

   To select an onboard workout, press the 16 Calorie Workouts or the 16 Performance Workouts button repeatedly until the desired workout appears in the display.

   When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

   The display will also show the maximum pedaling speed (rpm), the maximum resistance level, and the maximum ramp level.

3. **Begin pedaling to start the workout.**

   Each workout is divided into segments. One resistance level, one ramp incline level, and one target rpm (speed) are programmed for each segment. Note: The same resistance level, ramp incline level, and/or target rpm may be programmed for consecutive segments.

   The resistance level, the ramp incline level, and the target rpm for the first segment will appear in the matrix.

   During the workout, the profiles on the speed and incline tabs will show your progress.

   Profile

   The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed or the incline level for the current segment.
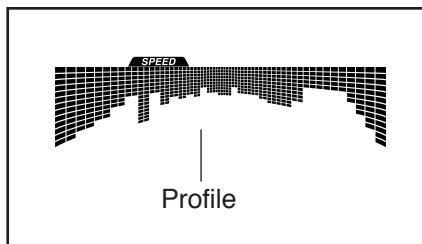
As you exercise, you will be prompted to keep your pedaling speed near the target rpm for the current segment. **When an upward-pointing arrow appears in the display,** increase your pace. **When a downward-pointing arrow appears,** decrease your pace. **When no arrow appears,** maintain your current pace.

IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

If the resistance level or incline level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Quick Ramp buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment and the ramp will automatically adjust to the incline level programmed for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 25.

5. **Measure your heart rate if desired.**

   See step 5 on page 26.

6. **Turn on the fan if desired.**

   See step 6 on page 26.

7. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 26.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

    See HOW TO TURN ON THE POWER on page 23.

2. **Set a calories, distance, or time goal.**

    To set a calorie, distance, or time goal, first press the Set A Goal button repeatedly until the name of the desired goal appears in the display.

    Then, press the increase and decrease buttons next to the Enter button to set the desired goal. Press the Quick Ramp and Resistance buttons to set the ramp level and the resistance level for the workout.

3. **Begin pedaling to start the workout.**

    As you exercise, a target rpm (speed) may appear in the display to help you reach your goal. Keep your pedaling speed near the target rpm. **IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.**

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance or incline of the ramp during the workout, the number of calories you burn will be affected.

The workout will continue in this way until the calories, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

    See step 4 on page 25.

5. **Measure your heart rate if desired.**

    See step 5 on page 26.

6. **Turn on the fan if desired.**

    See step 6 on page 26.

7. **When you are finished exercising, unplug the power cord.**

    See step 7 on page 26.

HOW TO USE AN IFIT WORKOUT

Note: To use an iFit workout, the console must be connected to a wireless network (see page 30). An iFit account is also required (see step 1 on page 24).

1. **Begin pedaling or press any button on the console to turn on the console.**

   See HOW TO TURN ON THE POWER on page 23.

2. **Select the iFit mode.**

   Press the Home button repeatedly to select the iFit mode. The iFit welcome message will appear in the display.

3. **Select a user.**

   If more than one user is registered with your iFit.com membership, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

   To download an iFit workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule. To download the next workout in your schedule, press the iFit button.

   To compete in a race that you have previously scheduled, press the Compete button.

   To re-run a recent iFit workout from your schedule, first press the Track button. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   To use a set-a-goal workout, press the Set A Goal button (see page 28).

   Note: Before some workouts will download, you must add them to your schedule on iFit.com.

   For more information about the iFit workouts, please see www.iFit.com.

   When you select an iFit workout, the display will show the name, duration, maximum ramp incline level, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

   Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance or incline of the ramp during the workout, the number of calories you burn will be affected.

5. **Begin pedaling to start the workout.**

   See step 3 on page 27.

   During some workouts, the voice of a personal trainer will guide you through your workout.

   To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

6. **Follow your progress.**

   See step 4 on page 25.

   During a competition workout, the display can show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show your top four competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 26.

8. **Turn on the fan if desired.**

   See step 6 on page 26.

9. **When you are finished exercising, unplug the power cord.**

   See step 7 on page 26.

For more information about iFit workouts, go to www.iFit.com.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter inside the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

HOW TO CHANGE CONSOLE SETTINGS

The console features a settings mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

1. **Select the settings mode.**

   To select the settings mode, press and hold down the Display button until the settings mode appears in the display.

   The time display will show the total number of hours that the elliptical has been used.

   The distance display will show the total number of miles (or kilometers) that have been pedaled on the elliptical.

2. **Navigate the settings mode menu.**

   The matrix will display a menu of the settings mode options.

   Press the increase and decrease buttons next to the Enter button to highlight the desired option.

   The lower part of the matrix will display instructions for the highlighted option. **Make sure to follow the instructions displayed in the lower part of the matrix.**

3. **Change settings as desired.**

   Demo—The console features a display demo mode, designed to be used if the elliptical is displayed in a store. While the demo mode is turned on, the display will not enter sleep mode when the elliptical is not in use. If the demo mode is turned on, the word ON will appear in the matrix. To turn on or turn off the demo mode, press the Enter button.

   Units—The selected unit of measurement will appear in the matrix. To change the unit of measurement, press the Enter button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

iFit User Setup—To set up a different iFit account, but maintain the existing wireless connection, follow the instructions in the matrix. **Note: This option will be used rarely.**

Firmware Update—**For the best results, regularly check for firmware updates.**

Note: The matrix will display NOT CONNECTED if the console is not connected to a wireless network.

Press the Enter button to check for firmware updates using your wireless network. If an update is available, the update will begin automatically.

IMPORTANT: To avoid damaging the elliptical, do not turn off the power while the firmware is being updated. The update may take several minutes.

Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

IMPORTANT: After the update is complete, cycle the power of the elliptical twice. To cycle the power, press the power switch on the elliptical to the off position, wait for several seconds, and then press the power switch to the reset position. Note: It may take a few minutes for the console to be ready for use.

Default Settings—To restore the console to its factory default settings, press the Enter button. Note: The console will erase any information that you have saved in its memory.

The **WiFi–Normal** option will allow you to set up a wireless network connection using the console. See step 4 for instructions.

The **WiFi–WPS** option will allow you to set up a wireless network connection using your WPS router. See step 5 for instructions.

The **WiFi–Advanced** option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device. See step 6 for instructions.

Clear WiFi—To erase the console's wireless network settings and have it forget the currently selected wireless network, follow the instructions in the matrix.

Contrast—The contrast level of the display will appear in the matrix. Press the Resistance increase and decrease buttons to adjust the contrast level.

4. **Use WiFi–Normal to set up a wireless connection.**

This option will allow you to set up a wireless network connection using the console.

Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

To set up a wireless network connection using the console, first press the Enter button.

IMPORTANT: Set the included WiFi setup card on the console. The buttons on the WiFi setup card are referenced in the following instructions.

Card
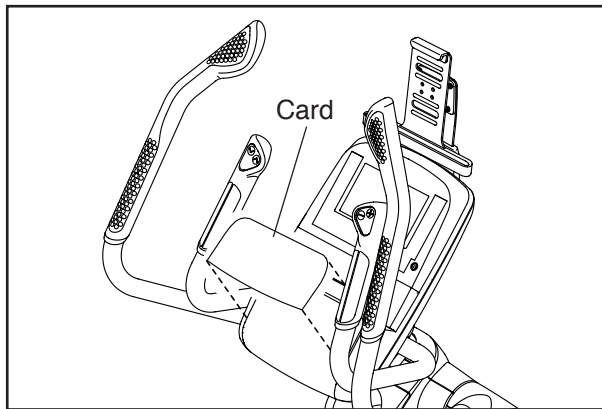
A list of networks will appear in the matrix. Press the up and down buttons to highlight the desired network. Then, press the Enter button. Note: Do not select IFIT_SETUP.

Note: The time display will show the number of the currently-selected access point. The distance display will show the total number of access points detected.

If the network has a password, enter the password.

A keyboard will appear in the matrix. As necessary, press the buttons on the WiFi setup card to select the caps option, the number option, or the symbol option.

Press the up, down, left, and right buttons to highlight the desired letter or number. Then, press the Enter button to select the letter, number, or symbol. When you have finished entering the password, press the Done button.

Next, a numerical code and a web address will appear in the matrix.

Open a web browser on your computer, smart phone, tablet, or other internet-compatible device and go to the web address.

Log in to your iFit account on the web page. Then, enter the numerical code into the indicated field on the web page. Follow any other instructions on the web page.

Then, cycle the power of the elliptical: press the power switch on the elliptical to the off position, wait for several seconds, and then press the power switch to the reset position. Note: It may take a few minutes for the console to be ready for use.

When the console is connected to a wireless network, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to support.ifit.com for assistance.

5. **Use WiFi–WPS to set up a wireless connection.**

This option will allow you to set up a wireless network connection using your WPS router.

To set up a wireless network connection using your WPS router, first press the Enter button and follow the instructions in the matrix.

A numerical code and a web address will appear in the matrix. Open a web browser on your computer, smart phone, tablet, or other internet-compatible device and go to the web address.

Log in to your iFit account on the web page. Then, enter the numerical code into the indicated field on the web page. Follow any other instructions on the web page.

Then, cycle the power of the elliptical: press the power switch on the elliptical to the off position, wait for several seconds, and then press the power switch to the reset position. Note: It may take a few minutes for the console to be ready for use.

When the console is connected to a wireless network, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

If you cannot complete any part of this process, or if you have any questions, go to support.ifit.com for assistance.

6. **Use WiFi–Advanced to set up a wireless connection.**

   This option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device.

   On your computer, smart phone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options will be IFIT_SETUP; select this network. If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks. Also, see CLEAR WIFI on page 31 and clear any previous wireless network settings on the console.

   Note: The network IFIT_SETUP will not appear if the console has already been configured to connect to a wireless network. Also, Android™ devices may not be able to detect IFIT_SETUP.

   The console will display an IP address, such as 192.168.0.1:8080. Open a web browser on your computer, smart phone, tablet, or other Wi-Fi device. Next, type in the IP address on the console into the URL bar in your browser. Example: http://192.168.0.1:8080.

   Your browser will load a web page. If the web page does not appear, double-check the IP address and the previous instructions of this step. Follow the instructions on the web page to connect the elliptical console to your wireless network.

   Note: A warning may appear stating that the server cannot be identified. If this happens, make sure that you have entered the IP address correctly.

   If you cannot complete any part of this process, or if you have any questions, go to support.ifit.com for assistance.

7. **Exit the information mode.**

   To exit the information mode, press the Display button.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug your audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that your audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.
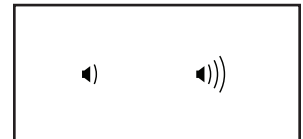
MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power cord is fully plugged in. If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 30 and adjust the contrast level of the display.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 26.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 18.

HOW TO CALIBRATE THE RAMP

If the ramp is not functioning properly, the ramp may need to be calibrated. To calibrate the ramp, press and hold the fan decrease button for several seconds until the test mode appears in the display.

Press the fan decrease button again. Then, press the Quick Ramp increase or decrease button to calibrate the ramp. The ramp will move upward and downward as it calibrates.

When the ramp stops moving, the ramp is calibrated. Then, press the fan decrease button repeatedly to exit the calibration mode.

HOW TO GREASE THE ROLLERS

See the EXPLODED DRAWING near the end of this manual. If the Rollers (51) squeak when moving on the Tracks (16), apply a small amount of white marine grease equally to each Roller. Spread the grease evenly around the Rollers. Pedal the elliptical until a thin film of grease is distributed along the Tracks; then, wipe off any excess grease.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

• Reorient or relocate the receiving antenna.
• Increase the separation between the equipment and the receiver.
• Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
• Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

EXERCISE GUIDELINES

⚠ WARNING: **Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♥
145	*138*	*130*	*125*	*118*	*110*	*103*	♥
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST

Model No. PFEL10112.0 R0113A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Roller
2	1	Rear Stabilizer	52	1	Right Grip
3	1	Ramp	53	4	Large Axle Cover
4	1	Upright	54	2	16mm Wave Washer
5	8	M4 x 19mm Screw	55	2	Small Axle Cover
6	1	Front Stabilizer	56	4	Roller Arm Bushing
7	1	Console	57	8	Arm Bearing
8	1	Left Handlebar	58	1	Right Pedal Arm
9	1	Right Handlebar	59	1	Right Roller Arm
10	1	Ramp Cover	60	1	Right Upper Body Leg
11	1	Incline Motor	61	1	Right Upper Body Arm
12	1	Incline Motor Arm	62	1	Left Grip
13	1	Ramp Arm	63	1	Right Sensor Assembly/Wire
14	1	Ramp Roller	64	2	Pedal Arm Axle
15	1	Rear Stabilizer Cover	65	1	Right Upper Body Arm Front Cover
16	2	Track	66	1	Right Upper Body Arm Rear Cover
17	2	Large Frame Bushing	67	1	Left Upper Body Arm Front Cover
18	1	Crank	68	1	Left Upper Body Arm Rear Cover
19	1	Pulley	69	1	Right Upper Body Leg Outer Cover
20	2	Crank Arm	70	1	Left Upper Body Leg Outer Cover
21	4	M4 x 10mm Screw	71	2	Disc
22	1	Idler	72	1	Left Upper Body Leg Inner Cover
23	1	M10 x 15mm Screw	73	1	Left Shield
24	1	M10 x 95mm Bolt	74	1	Right Shield
25	1	Resistance Motor	75	1	Shield Cover
26	1	M10 x 42mm Bolt	76	1	Left Pedal Arm Side Cap
27	4	Standoff	77	4	Axle Spacer
28	1	Eddy Mechanism	78	2	Key
29	1	Mechanism Axle	79	1	Front Console Cover
30	2	Stabilizer Cap	80	1	Rear Console Cover
31	1	Controller	81	1	Rear Upright Cover
32	1	Power Switch	82	12	M8 x 13mm Screw
33	2	Leveling Foot	83	1	Right Upper Body Leg Inner Cover
34	2	Wheel	84	3	M10 Washer
35	1	Pivot Axle	85	2	M4 x 14mm Screw
36	2	Upright Bushing	86	2	M10 x 58mm Bolt
37	1	Accessory Tray	87	1	Right Pedal Arm Side Cap
38	1	Reed Switch/Wire	88	1	Pivot Screw
39	1	Reed Switch Clamp	89	1	Idler Screw
40	2	Bearing	90	1	M6 Washer
41	1	Mechanism Spacer	91	1	Belt Adjustment Screw
42	1	Large Crank Spacer	92	2	M10 x 19mm Screw
43	2	Magnet	93	6	M4 x 12mm Screw
44	1	Left Pedal Arm	94	2	M5 Washer
45	1	Left Roller Arm	95	6	M8 x 16mm Screw
46	1	Left Upper Body Leg	96	8	M8 x 38mm Bolt
47	1	Left Upper Body Arm	97	10	M8 Washer
48	1	Hairpin Cotter Pin	98	2	Medium Snap Ring
49	1	Right Pedal	99	4	M10 x 25mm Screw
50	8	M10 Locknut	100	4	Leg Bearing

Key No.	Qty.	Description	Key No.	Qty.	Description
101	27	M4 x 16mm Screw	130	2	Pedal Pin
102	10	M8 Locknut	131	2	Pedal Spring
103	12	M6 x 12mm Screw	132	2	M10 x 140mm Bolt
104	4	M10 x 122mm Screw	133	2	M6 Acorn Nut
105	8	M10 Split Washer	134	1	Fan Grill
106	9	Cover Mount	135	1	Fan Bracket
107	1	M4 x 48mm Screw	136	1	Fan/Wire
108	8	M8 x 25mm Screw	137	2	Saddle Bracket
109	2	M10 x 60mm Bolt	138	1	Right Pedal Plate
110	1	Upper Wire	139	4	M3 x 8mm Screw
111	1	Lower Wire Harness	140	4	M6 x 43mm Screw
112	1	Control Board	141	1	Chest Heart Rate Monitor
113	1	Drive Belt	142	1	Chest Strap
114	4	M4 x 42mm Screw	143	1	Left Pedal
115	1	Controller Bracket	144	1	Left Sensor Assembly/Wire
116	2	Disc Ring	145	1	Right Pedal Handle
117	1	Front Upright Cover	146	1	Fan Extension Wire
118	1	Shield Cover Cap	147	1	iPad Holder
119	1	Power Cord	148	4	M6 x 16mm Screw
120	1	Ramp Axle	*	–	Assembly Tool
121	6	Small Frame Bushing	*	–	Grease Packet
122	1	Clevis Pin	*	–	User's Manual
123	1	Plastic Spacer	*	–	Lift Motor Wire A
124	2	M4 x 19mm Self-tapping Screw	*	–	Lift Motor Wire B
125	2	Bumper	*	–	Resistance Motor Wire
126	2	Crank Bracket	*	–	Blue Wire
127	2	Crank Arm Spacer	*	–	Green Wire
128	1	Left Pedal Plate	*	–	White Wire
129	1	Left Pedal Handle			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.
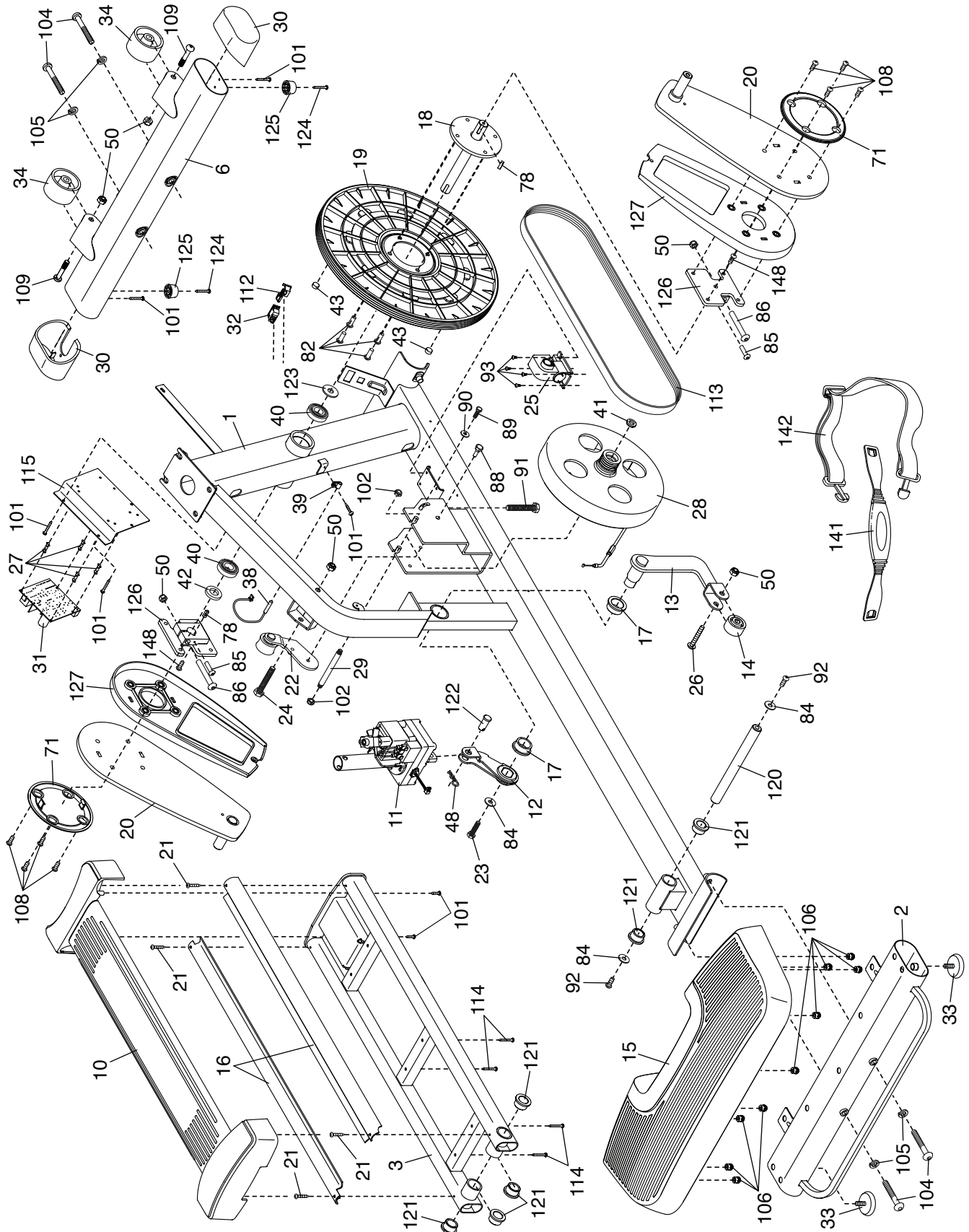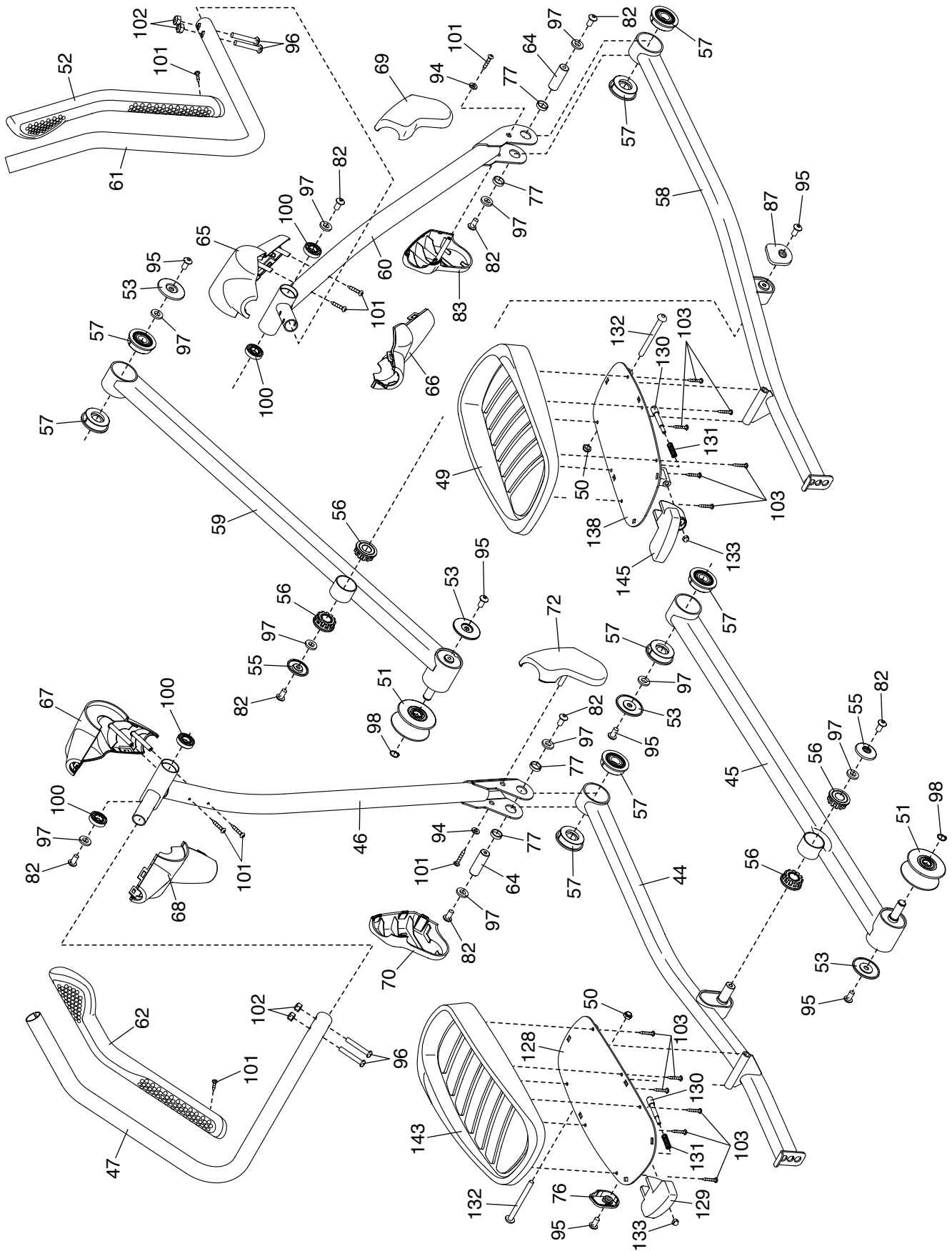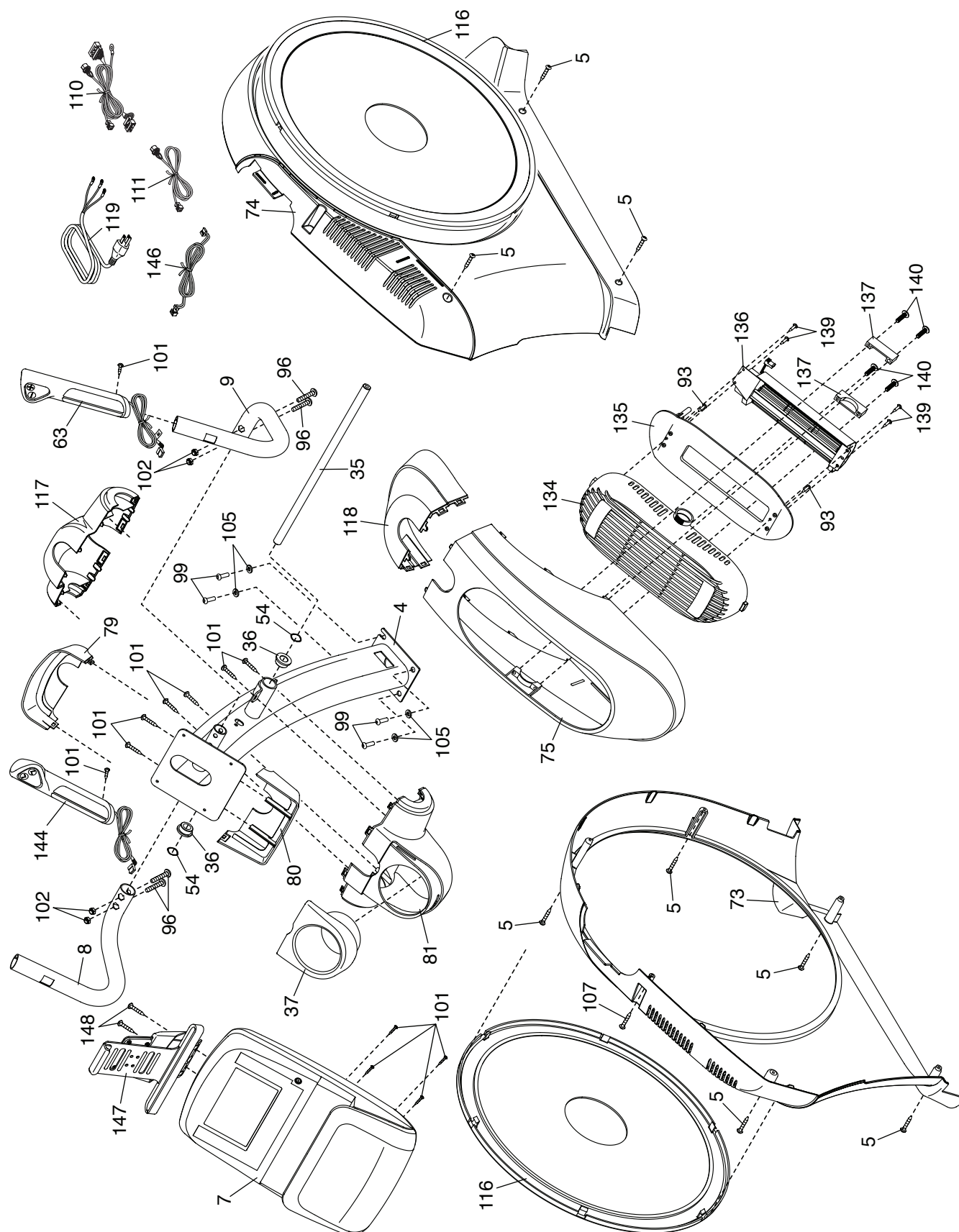
ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

• the model number and serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 5.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime from the date of purchase. Parts are warranted for five (5) years from the date of purchase. Labor is warranted for two (2) years from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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